

HIV 101 A Refresher Course

**Satellite Conference and Live Webcast
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Faculty

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HIV/AIDS Statistics

- The CDC estimates 1.2 million persons are living with HIV in the United States
- In 2007 42,655 new cases of HIV/AIDS in adults, adolescents, and children were diagnosed
- In 2007 nearly three quarters of HIV/AIDS diagnoses among adolescents and adults were males (74%)

HIV/AIDS Statistics

- 26% of the 42,655 were females
- Transmission categories 53% among male to male
 - 32% among high-risk heterosexuals (adults and adolescents)
 - 17% among IDU

Alabama HIV/AIDS Statistics

- 2006 and 2007 were the highest years for HIV/AIDS incidence
 - 934 cases for 2006
 - 900 cases for 2007
 - 803 cases for 2008
- Cumulative HIV/AIDS for 2008 was 16,222 cases (1987-2008)

Alabama HIV/AIDS Statistics

- Brief AF/AM facts
 - July 2009 7,101 HIV and 9,445 AIDS cases have been reported, a combined total of 16,546 cases
- AF/AMs represent 26% of state population
 - 63.8% (10,548) of all reported HIV/AIDS are among this group

Alabama HIV/AIDS Statistics

- **AF/AM 44.5% represent males**
- **AF/AM 19.2% represent females**

What is HIV?

- **HIV stands for human immunodeficiency virus**
 - **The virus that causes AIDS**
- **HIV is different from most viruses because it attacks the immune system**

What is HIV?

- **Our immune system gives our bodies the ability to fight infections**
- **HIV finds and destroys a type of white blood cell (T cells or CD4 cells)**

What is AIDS?

- **AIDS stand for acquired immunodeficiency syndrome**
 - **AIDS is the final state of HIV infection**
- **It can take years for a person infected with HIV, even without treatment (8-10 years)**

What is AIDS?

- **Having AIDS means that the virus has weakened the immune system to the point at which the body has difficulty fighting infections**

Brief History of HIV

- **HIV was first identified in the U.S. in 1981 after a number of gay men started getting sick with a rare type of cancer**
- **During the early 1980's 150,000 people became infected with HIV each year**

Brief History of HIV

- Early 1990's the above rate had dropped to approximately 40,000 each year

How HIV is Not Transmitted

- HIV is a fragile virus
 - It cannot live very long outside the body
- As a result, the virus IS NOT TRANSMITTED through day-to-day activities such as shaking hands, hugging, or a casual kiss

How HIV is Not Transmitted

- You cannot become infected from a toilet seat, drinking fountain, doorknob, dishes, drinking glasses, food, pets, feces, nasal fluid, saliva, sweat, tears, urine, or vomit unless these have blood mixed in them

How HIV is Transmitted

- Blood
- Semen
- Vaginal fluid of an infected person
- Breast milk

How HIV is Transmitted

- HIV is transmitted in 3 ways
 - Having sex (anal, vaginal, oral) with someone infected with HIV
 - Blood infected with HIV
 - Sharing needles or syringes with someone infected with HIV

HIV Testing

- Once HIV enters the body, the body starts to produce antibodies
 - Most HIV tests look for these antibodies rather than the virus itself
- There are many kinds of HIV tests including the clinic rapid test and home test kits

Resources

- **Centers for Disease Control and Prevention**
 - www.cdc.gov/hiv/topics
- **Alabama Department of Public Health**
 - www.adph.org
- **ADPH HIV/AIDS Division**
 - www.adph.org/aids